



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES  
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE  
CHILD AND ADULT CARE FOOD PROGRAM  
**MENU – USDA REQUIREMENTS**

NAME OF CENTER/FACILITY Advanced Eat Smart Center #25

WEEK OF Week 1

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>	Egg and Cheese Muffin			Sun Butter and Apple Burrito	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>5x whole, 2x fresh F/V</b>	Mixed Fruit- canned, unsweetened	Peaches- canned, unsweetened	Strawberries; Kiwi- fresh	Baked Apples- canned, unsweetened	Banana- fresh
Grains/Bread Component <b>3x Whole Grain, 0x sweet</b>	English Muffin	Total cereal (WG)	Biscuits	Whole Wheat Tortilla (WG)	Multi-Grain Cheerios cereal (WG)
Other Foods <b>3x Meat/Meat Alternate</b>	Egg, Cheese		Vanilla Yogurt; Butter	Sun Butter	
<b>LUNCH</b>	Goulash	Tuna Salad Sandwich (HM)	Corn Flake Breaded Chicken Tenders (HM)	Cheesy Ham Potatoes	Grilled Turkey and Cheese Sandwich
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables <b>4x fresh</b>	Peas- frozen	Sliced Tomatoes and Cucumbers- fresh	Green Beans with New Potatoes- frozen	Hash Browns- frozen	Broccoli- fresh
	Pears- canned, unsweetened	Pineapple- canned, unsweetened	Apricots- canned, unsweetened	Grapes- fresh	Melon- fresh
Grains/Bread Component <b>3x Whole Grain</b>	Egg Noodles	Whole Wheat Sandwich Thins (WG)	Whole Wheat Bread (WG)	Dinner Rolls	Whole Wheat Bread (WG)
Meat or Meat Alternate <b>0x highly processed</b>	Ground Beef	Tuna	Chicken	Lean Ham Chunks, Cheese	Extra Lean Deli Turkey, Cheese
Other Foods			Corn Flakes cereal		
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>		Tortilla Chips (HM) with Veggie Refried Bean Dip			
Fluid Milk				1% Milk	
Juice, Fruit, or Vegetable <b>4x whole fruits/vegetable</b>	Applesauce- unsweetened	Salsa- canned	Apples- fresh		Oranges- fresh
Grains/Bread Component <b>3x Whole Grain, 1x sweet</b>	Cinnamon Raisin Bagel	Whole Wheat Tortilla (WG)	Triscuits (WG)	Whole Grain Oat Banana Bars (WG) (sweet)	Pretzels
Meat or Meat Alternate <b>2x Meat/Meat Alternate</b>		Refried Beans, Cheese	Cheddar Cheese Balls (HM)		
Other Foods		Sour Cream			

MO 580-1463 (6-04)

\*Sweet Snack includes sweet items and grain-based snack chips/croissants

\*\*WG = whole grain

\*\*\*HM = home made

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WEEK OF Week 2

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	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>	Cheese Quesadilla			Breakfast Bake	Fruit Oatmeal
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>5x whole, 2x fresh F/V</b>	Mixed Fruit- canned, unsweetened	Peaches- canned, unsweetened	Applesauce- unsweetened	Oranges- fresh	Fruit Compote (strawberry, peach, blueberry)- fresh
Grains/Bread Component <b>4x Whole Grain, 0x sweet</b>	Whole Wheat Tortilla (WG)	Post Grape Nuts cereal (WG)	Whole Wheat Bagels (WG)	Crouton Bread	Oatmeal (WG)
Other Foods <b>2x Meat/Meat Alternate</b>	Cheese		Butter; Cream Cheese	Egg, Cheese, Sausage	
<b>LUNCH</b>	Chicken Alfredo	Toasted Ham and Cheese Sandwich	Beef Tacos	BBQ Chicken (HM)	Fish Sticks (CN)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Broccoli- fresh	Cooked Carrots- frozen	Black Eyed Peas and Corn Salad- canned	Mixed Vegetables- frozen	Peas- canned
<b>3x fresh</b>	Pineapple- canned, unsweetened	Pears- canned, unsweetened	Apricots- canned, unsweetened	Baked French Fries- fresh	Apples- fresh
Grains/Bread Component <b>3x Whole Grain</b>	Whole Wheat Spaghetti (WG)	Whole Wheat Bread (WG)	Whole Wheat Tortilla (WG)	Hamburger Bun	Macaroni and Cheese
Meat or Meat Alternate <b>1x highly processed</b>	Chicken	Extra Lean Deli Ham, Cheese	Ground Beef	Chicken	Fish Sticks (CN)
Other Foods	Alfredo Sauce		Salsa	Cole Slaw; BBQ Sauce; Ketchup	Ketchup
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>				Trail Mix	
Fluid Milk					
Juice, Fruit, or Vegetable <b>3x whole fruits/vegetable</b>	100% Apple Juice		Broccoli, Cauliflower, Carrots, Cucumbers- fresh	Banana- fresh	Grapes- fresh
Grains/Bread Component <b>3x Whole Grain, 0x sweet</b>	Cheese Its	Whole Grain Graham Crackers (WG)	Whole Grain Corn Muffins (WG)	Whole Grain Rice Chex, Cheerios, Kix cereals (WG)	
Meat or Meat Alternate <b>2x Meat/Meat Alternate</b>		Blueberry Yogurt			Cheese Cubes
Other Foods			Vegetable Dip	Dried Cranberries	

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WEEK OF Week 3

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	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>	Apple French Toast (HM)			Breakfast Burrito	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>5x whole, 1x fresh F/V</b>	Applesauce- unsweetened	Peaches- canned, unsweetened	Apricots- canned, unsweetened	Cantaloupe- fresh	Hash Browns- frozen
Grains/Bread Component <b>3x Whole Grain, 0x sweet</b>	Whole Wheat French Toast (WG) (HM)	Shredded Wheat cereal (WG)	Whole Wheat Bagels (WG)	Flour Tortilla	Biscuits
Other Foods <b>2x Meat/Meat Alternate</b>	**no syrup**		Strawberry Yogurt	Eggs	
<b>LUNCH</b>	Pizza Pasta (HM)	Chicken Salad (HM)	Meatloaf (HM)	Southwest Baked Pork Chops (HM)	Ham and Turkey Sub Sandwich
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables <b>3x fresh</b>	Peas- frozen	3 Bean Salad- canned	Mashed Potatoes- dried	Broccoli- frozen	Sliced Tomatoes, Lettuce- fresh
	Mandarin Oranges- canned, unsweetened	Apples- fresh	Corn- canned	Grapes- fresh	Pears- canned, unsweetened
Grains/Bread Component <b>4x Whole Grain</b>	Whole Wheat Penne Pasta (WG)	Whole Wheat Pita Bread (WG)	Whole Wheat Bread (WG)	Brown Rice (WG)	Sandwich Rolls
Meat or Meat Alternate <b>1x highly processed</b>	Mozzarella, Turkey Pepperoni, Italian Sausage	Chicken	Ground Beef	Pork Chops	Extra Lean Ham & Turkey, Swiss & American Cheese
Other Foods					
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>		Sun Butter and Banana Muffin	Chex Mix (HM)	Cheese and Pickle Crackers	
Fluid Milk					1% Milk
Juice, Fruit, or Vegetable <b>3x whole fruits/vegetable</b>	Pineapple- canned, unsweetened	Banana- fresh	Oranges- fresh		
Grains/Bread Component <b>3x Whole Grain, 1x sweet</b>		Toasted English Muffin	Whole Grain Chex cereals (WG), pretzels	Whole Wheat Saltine Crackers (WG)	WG Spiced Zucchini Bread (WG) (sweet)
Meat or Meat Alternate <b>3x Meat/Meat Alternate</b>	Cottage Cheese	Sun Butter		Sliced Cheese	
Other Foods				Pickles	



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WEEK OF Week 4

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	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>			Egg and Broccoli Bake with Mozzarella Bread Sticks		Egg Biscuit
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>5x whole, 2x fresh F/V</b>	Applesauce- unsweetened	Pears- unsweetened	Grapes- fresh; Broccoli- fresh	Banana- fresh	Mixed Fruit- canned, unsweetened
Grains/Bread Component <b>3x Whole Grain, 0x sweet</b>	Whole Wheat Toast (WG)	Live Life Oat Cereal (WG)	Bread Stick	Whole Grain Hot Cereal (WG)	Biscuits
Other Foods <b>2x Meat/Meat Alternate</b>	Butter		Egg; Mozzarella Cheese		Egg Patty; Butter
<b>LUNCH</b>	Cheeseburger Pasta (HM)	Turkey and Cheese Bagel	Ham Steak	Chicken and Rice Wrap	Baked Basa Fish
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables <b>4x fresh</b>	Green Beans- canned	California Style Vegetables- frozen	Roasted Potatoes, Sweet Potatoes, Carrots, Zucchini	Corn- caned	7 Layer Salad- fresh
	Peaches- canned, unsweetened	Apples- fresh	Apricots- canned, unsweetened	Melon- fresh	Pineapple- canned, unsweetened
Grains/Bread Component <b>5x Whole Grain</b>	Whole Wheat Penne Pasta (WG)	Whole Wheat Bagel Thin (WG)	Whole Wheat Bread (WG)	Brown Rice (WG); Whole Wheat Pita Bread (WG)	Whole Wheat Bread (WG)
Meat or Meat Alternate <b>0x highly processed</b>	Ground Beef, Cheese	Extra Lean Deli Turkey, American Cheese	Ham Steak	Chicken	Basa Fish
Other Foods		Shredded Lettuce; Tomatoes; Cheese Sauce		Salsa	
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>	Fruit Compote Pancakes	Homemade Pita Chips	Frozen Fruit Cups	Turkey Bologna and Cheese Stackers	
Fluid Milk					
Juice, Fruit, or Vegetable <b>3x whole fruits/vegetable</b>	Peaches, Blueberries- frozen, unsweetened	Carrot, Cucumber, Broccoli, Celery- fresh	Strawberries, Mandarin Oranges, Applesauce		100% Orange Juice
Grains/Bread Component <b>4x Whole Grain, 0x sweet</b>	Whole Grain Oat Pancakes (WG)	Whole Wheat Pita Bread (WG)	Whole Wheat Graham Crackers (WG)	Whole Wheat Saltine Crackers (WG)	Texas Toast
Meat or Meat Alternate <b>2x Meat/Meat Alternate</b>	Vanilla Yogurt			Turkey Bologna; American Cheese	
Other Foods	**no syrup**	Hummus; Ranch Dip			

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